

## Great Beginnings Classes

You may begin registering for the following classes when you are 28 weeks pregnant. Classes are offered monthly from: **1800-2000**.

**Infant Safety:** Classes held 2nd Thursday of every month. Contact 457-2273 or 526-2939 to sign up  
Medical emergencies and child proofing your home

**Third Trimester:** Class held 3rd Thursday of every month. Contact 457-2273 or 524-4382 to sign up  
Instructor discusses later concerns about pregnancy, preparing for delivery

**Healthy Newborns and Moms:** Class held 4th Thursday of every month. Contact 457-2273 or 524-4382 to sign up  
Instructor discusses common characteristics of newborns and what to expect as a new Mom

**Breastfeeding:** Class held 1st Thursday of every month. Contact 457-2273 or 524-4382 to sign up  
Getting started the first week; Returning to work or school

### **Prepared Childbirth**

**Classes held 1st Tuesday & Wednesday or 3rd Tuesday and Wednesday of every month from 1800-2000. You must attend consecutive nights.**

**Please bring a pillow, blanket, water/snacks, and a coach.**

**Contact 457-2273 or 524-4382 to sign up.**

**Preterm Labor Class:** Class is held every other month. Please call 526-7591/7485 to schedule.  
Learn important signs to look for to prevent preterm labor. Must be at least 20 weeks pregnant to sign up.

**Big Brother-Big Sister (ages 4 and older):**  
Classes are held once a month. Contact 526-7591/7485 to sign up

**In case of bad weather, verify scheduled classes at 524-4382.**